

FALL/WINTER 2021

SERVICE CATALOG

● For a complete listing of our services, please visit canyonranch.com/lenox/services/



CANYONRANCH®
LENOX

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@CanyonRanch

#LiveCanyonRanch

EXPERTS & GUIDES

Canyon Ranch is more than a beautiful place – it is a world-renowned destination for health, healing, and spiritual wellness.

What brings you to Canyon Ranch? Whatever your goals may be, you can make a great start on your journey by choosing one of our dynamic Pathways experiences: 3-, 5- and 7-night programs that focus on lifestyle resets, health, life transitions, joy or one-of-a-kind personal pursuits. These expertly designed programs – with curated services, activities and consultations – will help you make the most of your time at Canyon Ranch and enhance your life long after you leave.

Throughout your stay, you'll be guided and inspired by our diverse team of wellness experts, all of them working together for you. They apply their wealth of knowledge and experience from 40+ years of practicing integrative, evidence-based care to support your wellness goals. And they meet you where you are as a whole person, addressing mind, body, and spirit.

Not sure where to start? Talk with a Wellness Guide. You can call in advance or meet early in your stay with an advisor who's your personal guide to the best experiences and activities to make your Ranch stay more than you hoped for.

This is your chance to explore in depth your interests, your passions, changes you'd like to make, and things you'd like to try. Your Wellness Guide may make suggestions you haven't thought of, which could be the highlight of your experience.

If you've chosen a focused Pathway, you'll learn about opportunities that fit your schedule and support your goal, or you can create a plan from scratch that perfectly suits you. Your Wellness Guide will arrange and schedule every detail for you. All you need to do is relax and enjoy your stay.

Feel free to call a Wellness Guide before you arrive at 800-877-0404, or visit or contact a guide at Ext. 5439 on property.



YOU'LL LOVE OUR SECRET INGREDIENT

When Mel Zuckerman founded Canyon Ranch in 1979, he wanted to share his vision about what healthy living could do for a person. He created a place where you can change your life with the help of an all-healthy environment, expert guidance, vast opportunities, unlimited inspiration – and love.

The Ranch has never wavered from its mission and has expanded its scope. Our integrative wellness specialists meet you where you are. They accept and appreciate all aspects of you.

Discover the possibilities through unhurried private consults, eye-opening services and mind-body experiences that expand your spirit. Our Health, Performance & Spiritual Wellness experts are here to help you become the healthiest, happiest you.

DISCOVER YOUR PURPOSE. Ever wonder about the why of life? Journey within to connect with your personal purpose and path in life.

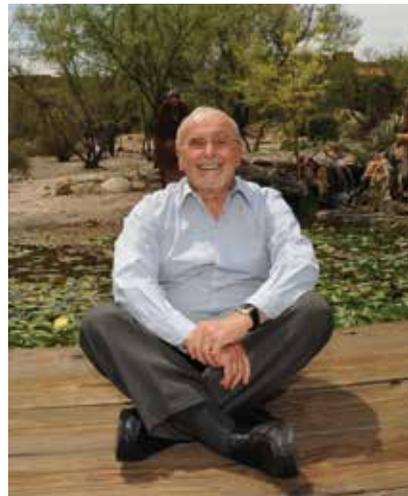
LEARN TO THRIVE. No mincing words: Life can be hard. Cultivate the resiliency skills you need to weather any storm and create your own safe harbor.

LOVE YOUR LIFE. Loving yourself as a whole – the flaws and the wonders – is at the heart of our integrative approach and perhaps the best thing you can do for yourself.

“

AT HEART, IT'S ABOUT
LOVE, CARING, SPIRIT,
COMPASSION, AND
INTUITION.

CANYON RANCH FOUNDER MEL ZUCKERMAN
THE RESTLESS VISIONARY



”

PERSONALIZED MEDICINE



INTEGRATIVE, PRECISE, PREVENTIVE

Customize your health care. A thorough evaluation and diagnostic testing help determine your medical needs and risks. Canyon Ranch physicians have expertise in leading-edge, quickly evolving lab tests and diagnostic screenings that can provide an in-depth understanding of how your body is functioning, well before disease processes begin. Find out about these factors and more:

- Approaching disease prevention from primary, secondary, and tertiary risk factors
- Your biomarkers and their impact on your health
- Your tendency toward inflammation
- Your adrenal and hormonal function
- Your body composition and bone density
- Your cardiovascular and cerebrovascular risk factors

Canyon Ranch does not provide superbills, i.e., insurance claim forms. Given the primarily preventive nature of our services, it's been our experience that third-party payers, for even out-of-network services claims, do not provide reimbursement.

On your request, we will prepare an itemized receipt for your medical and/or Health & Performance services, which you can submit to your Flexible Spending Account (FSA) or use for tax purposes.

PHYSICIAN HEALTH CONSULTATION

50 minutes | \$400

Experience truly modern medicine. Integrating the best conventional and complementary approaches, a Canyon Ranch physician guides you toward optimal health using the insights of both Western and Eastern medicine. Address your overall health and specific concerns, such as cardiovascular risk factors, and get a plan to help you prevent disease and possibly reverse existing conditions. Ask about any issues that concern you. You may receive recommendations for laboratory tests that provide a comprehensive view of your health. It's an exceptional value on an invaluable service.

A 25-minute consultation is available for follow-up appointments and lab result discussions.

DEXA BODY COMPOSITION

Two-part service | \$470

The accurate assessment of body composition will help your physician, nutritionist, and exercise physiologist work with you in developing a plan to reach and maintain a healthy body weight. It measures not only total body fat but lean tissue and visceral fat. Although this test uses radiation, the amount is minimal; the radiation from 135 DEXA body composition measurements are equivalent to that from one chest X-ray.

Part I (25 minutes) – A physician administers the test, interprets your results and advises you about reducing your risk for disease.

Part II (50 minutes) – In a follow-up session, meet with an exercise physiologist who will interpret the test data and help you set realistic goals for muscle mass and body fat levels.

PERSONALIZED MEDICINE

OSTEOPOROSIS PREVENTION & BONE DENSITY EVALUATION

Two-part service | \$700

Bone loss (osteopenia or osteoporosis) puts both men and women at risk for spine and hip fractures, a common cause of late-life pain and immobility.

Part I (50 minutes) – Your physician evaluates your bone mineral density using DEXA technology, then explains your results and offers recommendations. For women, this can help in making decisions about hormone replacement therapy, other medications and exercise programs. Younger women at risk for osteoporosis can use these test results as a baseline in health planning. Men at risk, smokers and people over 60 should also consider this service – at-risk individuals receive valuable advice about exercise and calcium replacement.

Part II (50 minutes) – An exercise physiologist interprets your test data and helps you design an exercise program to build muscle mass, increase bone density, and reduce risk of osteopenia/osteoporosis.

NATUROPATHIC MEDICINE CONSULTATION

50 minutes | \$335

Focus on natural ways of preventing illness and addressing chronic health conditions. A comprehensive discussion of your health history, a review of your body's systems and nontraditional laboratory testing help the naturopathic physician evaluate you from a natural perspective. Food allergies or intolerances, impaired detoxification, nutritional deficiencies and hormonal imbalances are just a few of the problems that may contribute to conditions such as arthritis, asthma, eczema, allergies, fatigue and lingering infections. Your naturopathic physician can prescribe a treatment plan that may include diet and lifestyle changes, nutritional supplements, herbs, homeopathy and acupuncture. This approach is complementary to traditional treatments.

YOUR HEALTH & PERFORMANCE

COACH CONSULTATION

Complimentary

A nurse educator will discuss how you might address your health goals during this stay. You'll get expert guidance on the services offered by our integrative health team and receive personalized service recommendations based on your history and long-term goals.

SLEEP MEDICINE

Emerging evidence supports a link between disrupted sleep and risk of heart disease, diabetes, atrial fibrillation, ADHD, cognitive decline, and chronic pain. Treating sleep disorders may improve management of these conditions and contribute to better overall health and well-being.

If you are unable to fall asleep, or wake up too early, we recommend a sleep improvement consultation with a life management expert.

The following service is available after scheduling a Physician Health Consultation.

SLEEP SCREENING

Overnight with follow-up | \$750

This unmonitored overnight sleep screening test, done in the comfort of your resort room, uses a one-time use FDA-approved portable sleep device to determine periods of apnea and wake/sleep states by using Peripheral Arterial Tone, a physiological signal that mirrors changes in the autonomic nervous system caused by respiratory disturbances during sleep. A physician will review the results of your sleep screening test with you and make recommendations for treatment.

ALTERNATIVE MEDICINE

ACUPHORIA

50 minutes | \$220

Experience traditional acupuncture with an expert practitioner who uses holistic, evidence-based techniques from Chinese Medicine to enhance relaxation and encourage a natural state of euphoria. De-stress at the beginning of your getaway so you can enjoy all the activities and experiences ahead of you.

ACUPUNCTURE

50 minutes | \$220

Experience enhanced healing and a more balanced state of being. This traditional Chinese medicine modality, endorsed by the National Institutes of Health, is useful in addressing concerns as varied as:

- Arthritis ■ Asthma ■ Depression ■ Fatigue ■ Headaches
- Longevity ■ Illness prevention ■ Musculoskeletal pain
- Sleep ■ Smoking cessation ■ Stress relief

A session with a licensed acupuncturist helps balance your body's energy (chi), stimulates natural healing processes and aids in relaxation.

ACUPUNCTURE FOR HEALTHY WEIGHT

100 minutes | \$415

This session features specialized acupuncture that's used extensively in China for decreasing food cravings while increasing energy and digestive efficiency. The technique employs abdominal needles with mild electrical stimulation and includes an extensive health consultation. This full body/mind-balancing treatment can jumpstart the body's ability to move toward a healthier weight.

Follow-up sessions are recommended to achieve maximum benefit.

ACUTONICS

50 minutes | \$220

This system of sound healing uses the power of vibration, intention and light touch to bring body and mind into greater harmony. Tuning forks applied to acupuncture points, chakras, and trigger points awaken and align your meridians and energy centers, bringing them into balance. Your acutonics treatment takes place in a healing sound environment created with bells and gongs. Please wear comfortable clothing.

CHINESE HERBAL CONSULTATION

50 minutes | \$240

The world's oldest continuously practiced form of herbal medicine uses potent healing formulas to treat arthritis, fatigue, high cholesterol, insomnia, symptoms of menopause, PMS, migraines, asthma, stress, and more. After a traditional evaluation that includes pulse and tongue diagnosis, a Chinese medicine practitioner offers herbal, dietary and lifestyle recommendations that address your needs. A detailed report on the herbs recommended will be sent to you. Follow-up consultations are available by phone.

CHINESE VITALITY

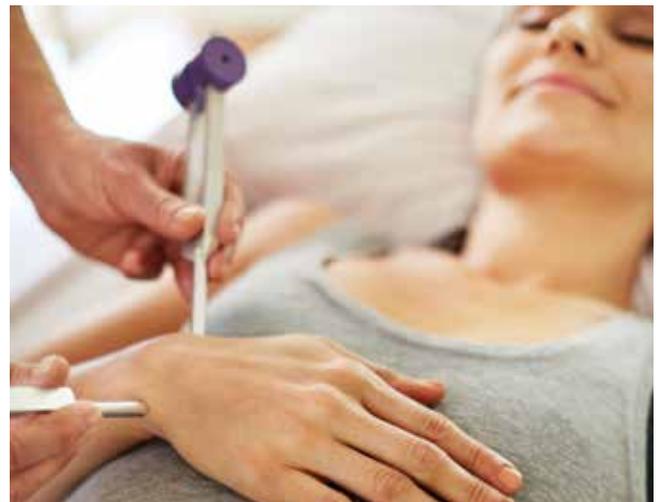
110 minutes | \$400

Explore and address the patterns of disharmony that may be keeping you from optimal health. This session allows for a comprehensive evaluation, acupuncture treatment, Chinese herbal recommendation, and lifestyle consultation to help you achieve heightened vitality. Use this session to address all aspects of your health, from musculoskeletal pain to internal health and emotional issues. Follow-up consultations are available by phone.

DETOX ACUPUNCTURE TREATMENT

50 minutes | \$240

A blend of two ancient healing methods that come together in the form of a soothing, cleansing and incredibly relaxing treatment. A traditional Chinese medicine practitioner will combine a personalized acupuncture treatment with a warm abdominal castor oil pack for a uniquely healing and detoxifying experience.



SPORTS MEDICINE



ADVANCED MUSCLE RECOVERY

25 minutes | \$175

Sore, tired, achy muscles at the end of a full day? Meet with a sports medicine specialist at the resort to experience the ultimate in muscle recovery. Accelerate your down time through use of NormaTec pulse compression therapy or assisted stretching to get you ready for tomorrow.

MEDICAL GAIT & ORTHOTIC ANALYSIS

50 minutes | \$220

If you experience discomfort when you walk, see a sports medicine specialist for a complete biomechanical assessment of your feet and legs. This includes a gait analysis and foot scan. Foot Doctor custom orthotics may be recommended as a noninvasive treatment of foot-related problems such as knee, hip, and back pain. They also may be helpful in treating bunions, corns, hammertoes, sore arches, plantar fasciitis, sore ankles, shin splints, and more.

MUSCULOSKELETAL & JOINT ASSESSMENT

50 minutes | \$350

The easiest injury to treat is the one that is prevented; optimizing your movement gets you there. If you're experiencing limitations or musculoskeletal pain that disrupts daily living, or you'd like to become more active, meeting with a sports medicine specialist can help. You'll have a full musculoskeletal evaluation to identify areas of impaired movement, function, mobility, or pain. And you'll receive a customized therapeutic exercise program, including home care plans for a return to optimal function and injury prevention.

MENTAL HEALTH & WELLNESS



MENTAL HEALTH & WELLNESS CONSULTATION

50 minutes | \$195 single/\$175 per person, duet

A mental health & wellness consultation is an opportunity to examine any issue in your life with a licensed therapist, although you need not identify a specific concern to benefit from a consultation. Use this time to explore your thoughts and attitudes and gain a fresh perspective.

Frequently addressed areas include, but not limited to:

- Bolstering resilience ■ Feeling stuck ■ Grief and loss
- Interpersonal relationships ■ Life transitions
- Managing moods ■ Meditation for change
- Sexuality and intimacy ■ Sleep enhancement ■ Trauma
- Unhealthy habits ■ Work-life balance

HYPNOTHERAPY

50 minutes | \$220

Hypnosis is a natural phenomenon of the mind that increases openness to positive change. The session may include physical and mental relaxation, imagery, and suggestions for healthy transformation. Some common applications include:

- Curb unhealthy habits ■ Pain management
- Performance enhancement ■ Relaxation ■ Self-esteem
- Sleep improvement ■ Stress reduction ■ Weight loss

LIFE MAPPING

50 minutes | \$195

Gain fluency in mind mapping, a practical and exciting take-home tool for identifying needs, dreams and new possibilities. Learn to access your innermost wisdom and chart a new course of action, or bring clarity to an old one using a creative, whole-brain technique.

STRESS MANAGEMENT

50 minutes | \$195

Stress overlooked can erode your health and quality of life. Stress managed well can be empowering and even exciting. In this session, learn ways to perceive and respond to stressful situations with greater clarity and effectiveness.

RELATIONSHIP WITH FOOD

50 minutes | \$195

Gain a clearer understanding of the psychology, biology and emotions that influence your eating habits. Using practical strategies and tools, you'll learn to deal more successfully with motivational setbacks, emotional or binge eating, frustration, and confusion. Topics may include the effect of past experiences on your eating patterns, stress, body image, changing habits, and mindful eating.

NUTRITION & FOOD



DIGESTIVE WELLNESS

50 minutes | \$175

Your gut health – how well you digest, absorb and metabolize nutrients, and eliminate waste products – is essential to your overall health and vitality. Meet with a licensed dietitian/nutritionist to assess your diet and identify potential toxins or irritants. You'll get personalized strategies to treat digestive conditions or problems, including recommendations about healing foods, necessary supplementation, and avenues toward achieving optimal gut health. Learn food strategies for any condition that may concern you:

- Constipation ■ Diverticulosis ■ Food allergies
- GERD/heartburn ■ Gluten intolerance/ceeliac disease
- Inflammatory bowel disease ■ Irritable bowel syndrome
- Supporting your microbiome

HEALING FOODS

50 minutes | \$175

The food you eat sends powerful messages to your body. Your eating patterns, food choices, intake of vitamins, minerals and other nutrients can positively affect prevention and management of chronic and other conditions. Meet with a licensed dietitian/nutritionist who will assess your needs and preferences, and provide therapeutic recommendations for your health concerns. Areas of focus may include:

- Autoimmune disease ■ Bone and joint health
- Cancer prevention ■ Heart health ■ Hormone regulation
- Inflammation ■ Insulin resistance/diabetes
- Neuronutrition: brain function
- Vitamin and mineral evaluation

HEALTHY EATING

50 minutes | \$185

Get expert advice on everyday nutrition and how best to feed yourself and your family for optimal health and well-being. This entry-level consultation may be customized to suit your needs and interests, including:

- Dining on the go ■ Eating for energy
- Eating well at college ■ Feeding healthy kids
- Healthy aging ■ Plant-based eating
- Practical portions ■ Sleep

NUTRITION & FOOD

FASTEST MEALS IMAGINABLE

50 minutes | \$195

Want to cook healthy meals for you and your family but don't have much time? This idea-packed session helps you create a repertoire of fast, easy, delicious, and wellbalanced meals. Take home the latest edition of our cookbook filled with quick meal and snack ideas, shopping lists, and recipes created with convenience, flavor, and nutrition in mind. *Note: This is not a cooking class.*

MEAL PLANNING MADE EASY

75 minutes | \$525 includes one-year subscription

Need help creating delicious and satisfying meals? A Canyon Ranch nutritionist will work with you to create a Personalized Nutrition Prescription via a meal planning app based on your lifestyle, health concerns and food preferences. Enjoy customized weekly menus complete with recipes, shopping lists, and grocery delivery options for a full year. Get set for success in reaching your nutrition goals.

MOOD & FOOD

Two-part service | \$370

This joint life management and nutrition service combines expertise to help you understand your current eating pattern and your options to pursue healthy change.

Part I (50 minutes) – A licensed dietitian/nutritionist will meet with you to assess your current diet and recommend ways to optimize your nutrient intake and transition to a more mindful, balanced diet. You'll review weight loss, meal timing, triggers of emotional eating, relationship with food, and information about the role of proteins, fats and carbohydrates.

Part II (50 minutes) – A life management practitioner will address the emotional dynamics underlying your approach to food. You'll receive practical skills to transform the negative cycle of complicated triggers, compulsions and guilt about eating into a balanced experience of peaceful anticipation, mindfulness and satisfaction.

WEIGHT LOSS YOUR WAY

Two-part service | \$370

Many weight-loss plans produce quick results, but the key is finding a method that generates lasting and sustainable outcomes for you. The best strategy will depend on your personal history, food preferences, and overall lifestyle. Our experts spend time getting to know you and your history in order to create an effective, customized weight-loss program that will leave you feeling healthier and happier.

Part I (50 minutes) – Discuss your weight history, eating patterns, food preferences, and health goals with a nutritionist. You might address topics such as intermittent fasting, meal timing, or your microbiome's influence on weight. You'll get personalized recommendations and receive suggestions for additional services that can help you reach your goals

Part II (50 minutes) – Reconnect with your nutritionist, who will integrate all of your experiences and work with you to create a personalized eating plan. You'll leave inspired, with well-defined direction on how to change your weight forever.

NUTRITION & FOOD

NUTRITION LABS

PERSONALIZED GENETICS FOR NUTRITION

Two-part service | \$855

Your genes are a program for how you build, regulate, and maintain your body. Find out the best dietary style for you with this state-of-the-art nutrigenetics evaluation. Gain valuable insight into the genetic basis of your appetite, satiety, and eating behavior. In this two-part service, you receive personalized nutrition recommendations and genetics testing results.

Part I – Initial Nutrition Consultation

50 minutes

Discuss your concerns with a nutritionist and bring any questions you have. Includes a swab to be used in genetic testing.

Part II – Results Consultation

50 minutes | by phone or in person

Six weeks after your initial consult, a nutritionist reviews your genetic test results with you and makes nutrition recommendations based on the findings.

COOKING FOR FUN, PLEASURE & HEALTH

HANDS-ON COOKING

50-minute express classes, offered weekly

\$110 per person

90-minute classes, offered weekly

\$175 per person

80-minute private

\$185

100-minute private group (3 – 5 guests)

\$175 per person

Learn and grow as a cook! No matter what your skill level, you'll have fun and take home an improved concept of healthy cooking – plus practical skills and techniques you can use every day to make simple, healthy, great-tasting dishes. With a different class every day, there's something for everyone. Here are some of our favorites:

ESSENTIAL KNIFE SKILLS

Learning proper cutting techniques can take the chore out of food preparation. Chop, dice, and slice your way to your own culinary creations.

SMOOTHIES & JUICES

More than just a health fad, smoothies and juices are a fresh and quick way to essential nutrition. Learn about the equipment and ingredient combinations to keep you energized and satisfied.



SPIRITUAL WELLNESS

For many of us, cultivating a spiritual existence is vital to living a balanced and healthy life. Spirituality contributes significantly to health and healing, contentment of mind and heart, improved relationships, and connection with community. During your stay, allow our experienced spiritual wellness providers to help you connect more deeply with what brings meaning, value, and purpose to your life. This requires no religious affiliation, nor does it encourage giving up any particular faith.



SOUL JOURNEY

50 minutes | \$240

Take a guided inner journey to experience your spiritual nature. Develop insight and intuition that supports healing as it transports you to a higher state of consciousness, awareness and understanding. Your journey takes place in a sound-enhanced environment and uses imagery, music, and breath to create a sacred space in which to receive these spiritual gifts.

RITE OF PASSAGE

50 minutes | \$240

Duet session | \$195/person

Small group session (3+ people) | \$185/person

This powerful session will help you create or move through a significant life change, choice, passage, or transition. Through dialogue and ceremony, your Rite of Passage will help you celebrate, commemorate, release, unite or reconcile. Adaptable to virtually any event, intention, or milestone, your personalized rite can involve one or more people. You may focus on:

- Birthday ■ Breakup ■ Career change ■ Empty nesting
- Life transition ■ New habits ■ New parenthood
- Retirement ■ Weight loss

SPIRITUAL WELLNESS

CULTIVATING A LIFE OF PURPOSE

50 minutes | \$240

Through a personalized, holistic review of your life, you can strengthen your self-awareness, develop a broader vision of what is important to you, enrich your personal and professional relationships, and cultivate a deeper overall contentment with life. Your practitioner will guide you in designing an individual mission and routine to take home.

LOSS, GRIEF & REMEMBRANCE

50 minutes | \$240

Duet session | \$195/person

Small group session (3+ people) | \$185/person

Loss and grief are inevitable parts of life, but sometimes it's hard to know how to move forward. Our spiritual wellness team can provide support for grieving individuals or families. We'll explore resources to call upon when sadness overwhelms, encourage you to talk, and help you create a practice of remembrance. Whether you're dealing with the loss of a loved one, a cherished pet, or a sense of personal identity, we are here for you.

CONTEMPLATIVE CIRCLE

80 minutes | \$195

The contemplative circle is an experiential spiritual tool useful for awakening inspiration, accessing intuitive insight, and deepening awareness of the subtle realms. A circle symbolizes connection, directional awareness, infinite possibilities, beginnings and endings, and the many within the one. A spiritual wellness provider will introduce this simple yet powerful tool for enhancing your spiritual practice and your daily life. Learn how you can continue using the contemplative circle at home.

BODY-SPIRIT CONNECTION

50 minutes | \$240

Explore how your lifestyle and beliefs can support your body in being a vehicle for the soul and spirit. Through centering and awareness, you will learn to step into personal alignment of body, mind, heart, and spirit. This session may include the creation of a daily ritual for the expression of sacredness in your life. Your experience can focus on one of these areas: Body image, physical changes (decreased mobility, recent surgery or diagnosis), and physical healing.

SOUND HEALING

50 minutes | \$240

Restore balance and wholeness and awaken consciousness as you bathe in the healing properties of sound. Using a variety of ancient instruments, your practitioner will immerse you in a profoundly therapeutic vibrational experience that will activate your awareness and transform your body, mind, and heart.

SPIRITUAL GUIDANCE

50 minutes | \$240

Duet session | \$195/person

Small group session (3+ people) | \$185/person

Through conversation, intuitive tools and guidance, a spiritual wellness provider will help you explore your spiritual path and find new ways to integrate spirituality into your daily life. No matter your faith, experience, or belief, you can deepen your personal spiritual practice.

CREATIVE EXPRESSION

As with any personal strengths, you can boost creativity simply by paying more attention to it and incorporating more of it into your life. Start expressing yourself today!



CREATIVE EXPRESSION CONSULTATION

90-minute private consultation | \$275

90-minute semi-private consultation | \$160/person

120-minute private group workshop (3+ people) | \$110/person

Scientific studies show that creativity can heal by changing a person's physiology and attitude. Explore your opportunities for creative expression. Our expert practitioners are available for private or group consultations and workshops, catered to your intentions. Let our professionals work with you and delve into the underlying messages that can be communicated through creative expression.

PERFORMANCE SCIENCE



ASSESSMENTS

BODY COMPOSITION SCREENING*

25 minutes | \$110

With a simple eight-minute test, our Bod Pod® device will accurately measure your body fat percentage and lean body mass. A performance scientist will review and explain your results. Scheduling a body composition screening prior to a customized program design service will help clarify your goals for the program.

ENHANCED POSTURE

50 minutes | \$175

Poor posture may contribute to acute or chronic conditions that interfere with an active lifestyle, so it's important to maintain correct alignment and balance in the way you sit, stand, walk and run. An exercise physiologist will use digital analysis to evaluate your biomechanics and will recommend stretches or strengtheners to help you comfortably perform the activities that mean the most to you.

DISCOVER YOUR FITNESS AGE*

Two-part service | \$400

How old you are and how old you feel may be two different things. Your fitness age is an indication of how well your body is performing with the passage of time. By learning your fitness age in each of five areas, you'll discover which areas stand to benefit most from your attention.

Part I (50 minutes) – An exercise physiologist will administer the following tests:

- Body composition to assess fat and lean muscle mass.
Please bring tight-fitting clothes or a bathing suit.
- Submaximal exercise test to estimate aerobic fitness level and VO2 max.
- Muscle strength and power testing, including upper and lower body.
- Evaluation of balance.

Part II (50 minutes) – An exercise physiologist reviews your test results with you, and designs a personalized fitness plan to improve your fitness age.

***NOTE FOR CLOTHING:** *Minimal tight-fitting apparel for accurate test results. Suggested options: Women wear bathing suit or sports bra and capri leggings; men wear tight-fitting underwear.*

PERFORMANCE SCIENCE

CUSTOMIZED PROGRAMS

BURDENKO LAND

50 minutes | \$175

Learn how to improve the six essentials of fitness: balance, coordination, flexibility, endurance, speed, and strength. People at beginning fitness levels benefit from improved coordination and balance, while athletes can hone more efficient movement for performance. The Burdenko Method can also help in rehabilitation after injuries or surgery.

BURDENKO WATER EXERCISE

50 minutes | \$175

An innovative water exercise program that helps you improve the six essential qualities of fitness: balance, coordination, flexibility, endurance, speed, and strength. No swimming skills are necessary, as you use a floatation vest and water barbells. You can even keep your hair dry. The rehabilitation aspects of the Burdenko method can help you recover from injuries or surgery – regaining function is the goal. The conditioning and training aspects help improve quality of life and sports performance.

EXERCISE FOR WEIGHT LOSS & BODY DEFINITION

50 minutes | \$175

Meet with an exercise physiologist for a customized exercise program that will optimize your exercise time, maximize metabolism, increase lean body mass, build muscle, and promote weight loss.

Rx FOR EXERCISE

50 minutes | \$175

Kick-start an exercise program or get a fresh take on your current routine. Our experts help you increase cardiovascular fitness/stamina, muscle mass, and strength, or improve endurance, core stability, balance, bone density, flexibility, and target heart rate determination. An exercise physiologist designs a take-home program based on your goals, interests, physical abilities, and available facilities. For all ages and fitness levels.

- Exercise for specialized needs
- Exercise for bone health



FITNESS & MOVEMENT



PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

FOR ALL PRIVATE SERVICES ON THIS PAGE:

Individual training session | \$140/person

Duet training session | \$110/person

Small group training session (3 – 5 people) | \$80/person

Private group class | \$335/class

PRIVATE FITNESS TRAINING

50 minutes

Your one-of-a-kind body calls for a one-of-a-kind workout plan. Our personal trainers hold the industry's top certifications and have the experience to create a program that suits your needs, goals, and preferences. That could include dance, swimming, functional movement, or your favorite sport. Take home an effective plan with activities you enjoy – so you'll keep on doing it.

PRIVATE PILATES & GYROTONICS

50 minutes

Get stronger, leaner, and more flexible – in both mind and body. Our experts work with you on specialized equipment including: Balanced Body Reformer, GYROTONIC® Tower, Ladder Barrel, Split-Pedal Stability Chair, STOTT Pilates® Rehab reformer and Trapeze Table (Cadillac), and STOTT Pilates® Towers.

Choose Pilates or Gyrotonics training.

PRIVATE YOGA PRACTICE

50 minutes

Find greater balance in life through personalized instruction in calming, self-care practices from around the world. Great for beginners or for those who want to enhance their current practice.

OUTDOOR SPORTS

Get out and have fun! Schedules for all complimentary and fee-based activities are posted on the Outdoor Sports Boards. It's important to sign up on the activity card and be at the Spa Lobby five minutes prior to departure.

GROUP ADVENTURES

KAYAKING

Times vary | \$110

Our experts teach you the basics of this relaxing water sport on scenic Berkshire ponds and rivers.

Able swimmers only.

SCULLING

Times vary | \$190

The most elegant form of rowing. Scullers enjoy placid waters in the quiet of early morning, and develop precise blade work and fluidity of motion. May through September.

Able swimmers only.

STAND-UP PADDLEBOARDING

Times vary | \$110

STAND-UP PADDLEBOARD YOGA

Times vary | \$110

This fun sport is easy to learn and a great workout. In this group experience, you'll effectively work your core while challenging your balance.

Able swimmers only.

HIGH ROPES ADVENTURES

HIGH ROPES CHALLENGE COURSE

Times vary | \$220

Take on this exciting adventure under the guidance of our knowledgeable staff. The High Ropes Challenge Course offers many routes and is highly interactive, whether you traverse it one-on-one or with a group. From start to finish, you make all the decisions about your adventure.

Limit six people.

AERIAL ADVENTURE

Times vary | \$110

High-flying adventure on the most popular feature of the High Ropes Challenge Course – the zipline.

Weather dependent.

LOOPS & LADDERS

Times vary | \$110

Test yourself with these two physically demanding elements on our High Ropes Challenge Course – The Giant's Ladder and the space loops.

CLIMBING WALL

Times vary | \$110

Climb our rock wall for a rewarding workout! Fantastic – and fun – for beginners to intermediate climbers.

Weather dependent.

PRIVATE ADVENTURES

ON LAND

- ARCHERY ■ BIKE ■ HIKE ■ MOUNTAIN BIKE
- RUN ■ SHINRIN YOKU ■ PHOTOGRAPHY HIKE
- TAI CHI

First hour (1-2 guests) | \$140

Each additional hour (1-2 guests) | \$80

ON WATER

- CANOE ■ KAYAK ■ STAND-UP PADDLEBOARD

First hour (1-2 guests) | \$220

Each additional hour (1-2 guests) | \$80

We can tailor any trip or activity relative to time, terrain, and challenge to meet the wishes of groups, couples, or individuals. **Twenty-four hours advance notice required.**

Please inquire at Outdoor Sports, Ext. 5535, between 8 am and 2 pm.

OUTDOOR SPORTS

RACQUET & PADDLE SPORTS

Our skilled USPTA®-certified tennis pros offer fun and constructive ways to improve all aspects of your tennis game with beginning to advanced instruction.

Racquets and paddles are available for tennis and pickleball.



TENNIS & PICKLEBALL

50 minutes

Individual and semiprivate instruction in beginning basics through advanced skills, including hitting lessons or workout drills.

Individual training session | \$140/person

Duet training session | \$110/person

SKIN CARE

Let your inner beauty shine through. Our aestheticians and salon experts have come together to offer services that reflect all aspects of you and the image you want to project.



CANYON RANCH FACIAL

50 minutes | \$175

The Canyon Ranch Facial provides the basics that everyone needs: gentle polishing exfoliation, light extractions, and a facial massage to improve skin's radiance, smoothness, and hydration.

BIOLOGIQUE RECHERCHE BESPOKE

50 minutes | \$240

A completely personalized wellness experience exclusively designed to provide an instant lifting effect that exfoliates, hydrates, tightens and protects. Using a specialized sequence of massage techniques and a highly effective personalized combination of active ingredients, the skin is instantly transformed.

BIOLOGIQUE RECHERCHE RESCULPT

80 minutes | \$315

Our ultimate, age-defying facial therapy combines transformative clinical grade products and sculpting massage techniques which dramatically tone, tighten and reshape the facial contours. An ideal selection for those seeking intensive skin regeneration and take lifting to the next level with micro-current Remodeling Face technology. *Reserve in a series to improve and maintain resculpting muscle memory.*

ESSENTIAL ENVIRON FACIAL

50 minutes | \$185

Combining the power of Environ's skincare technology and powerhouse ingredient formulations, this facial treatment delivers essential vitamins to restore the skin's health, radiance and resilience. Tailored for your specific skin concerns including deep cleansing, age-defying, brightening, or sensitive skin.

PREMIER AGE-DEFYING FACIAL

80 minutes | \$315

This powerful, age-defying facial using Environ® vitamins A, C, E and peptide serums, promote the formation of collagen and elastin, encourages stem cell activity, and enhances skin's respiration and circulation. This treatment helps to dramatically improve the appearance of fine lines, wrinkles, lax skin, uneven tone and texture. Your skin will appear visibly more radiant, tighter and smoother. Customized to your skin's needs: deep cleansing, age-defying, brightening or sensitive skin. Includes DF technology and a Focus-CIT® (Collagen Induction Therapy) device, a take-home tool for targeting mouth and eye areas.

Note: Contraindications include: Botox or fillers within two weeks, epilepsy, metal pins or plates, pacemaker, tinnitus

SKIN CARE

KNESKO GEMCLINICAL® FACIAL

50 minutes | \$185

The perfect balance between science and healing powers of gemstones and reiki energy. This luxurious facial treatment addresses visible signs of aging such as fine lines and wrinkles, dryness, puffiness, and uneven skin tone while helping to re-balance your chakra energies within the body.

Choose one of the following rituals:

■ **Nanogold Repair & Green Jade Rollers**

Lifting, firming, anti-inflammatory, and balancing third eye chakra

■ **Diamond Radiance & White Jade Rollers**

Brightening, hydrating, energizing and balancing crown chakra

■ **Rose Quartz Antioxidant & Rose Quartz Rollers**

Calming, protecting, soothing and balancing heart chakra

■ **Black Pearl Detox & Black Obsidian Rollers**

Detoxifying, purifying, hydrating and balancing root chakra

KYPRIS SIGNATURE FACIAL

50 minutes | \$195

80 minutes | \$295

This luxurious, holistic experience soothes the soul and rejuvenates the skin. 100% natural, sustainably grown botanicals, deliver a plethora of nourishing phytonutrients. This decadent facial begins with an aromatherapeutic rose quartz grounding and a two-step cleanse to prepare the skin and senses. A harmony of masks and serums are massaged over the skin while warm and cool rose quartz crystal therapy enhance this customized treatment.

Note: 80 minutes includes additional masque and extended facial massage

HYDRAFACIAL MD®

50 minutes | \$240

This noninvasive, multistep treatment combines the benefits of HydraFacial resurfacing procedure, a mild chemical peel, automated painless extractions (no pinching), and a special delivery of antioxidants, hyaluronic acid, and peptides. Enjoy real results without downtime or irritation.

Contraindications include: Botox or fillers within two weeks, or pregnancy. Hydrafacial MD® is a trademark of Edge Systems, LLC.

OXYGEN FACIAL

50 minutes | \$240

80 minutes | \$315

This treatment builds collagen and elastin, increases cell turnover and hydrates your skin, restoring a youthful glow. Includes a serum specific to your needs, a hydrating massage and oxygen infusion.

80 minutes includes 20-minute infusion

GENTLEMEN'S FACIAL

50 minutes | \$175

This facial uses products specifically designed for men's skin. It provides relief from irritation and replenishes vitamins and nutrients to help reduce the appearance of sun damage, lines, and discoloration.

SALON



HEALTHY HAIR CARE

BLOWOUT

25 minutes | \$60

45 minutes | \$70

Let us do the work: Enjoy a luxurious shampoo and blow-dry.

CUT

Cut – 45 minutes | \$110

Barber Cut – 25 minutes | \$60

Consult with one of our expert stylists to achieve a style that will suit your lifestyle and enhance your overall look. *Blow-dry included.*

COLOR

Times and fees vary

Let our design team create a shade to enhance your style. *Blow-dry included.*

HIGHLIGHTS

Times and fees vary

Customize the perfect dimension and depth of color with highlights or lowlights to bring vibrancy to your hair. *Blow-dry included.*

KERASTASE® EXPERIENCE

80 minutes | \$140

This customizable experience for your hair and scalp begins with a light exfoliation to purify and soothe the scalp, followed by a personalized cleanse and professional salon treatment that includes a gentle scalp massage, uniquely tailored to meet the needs of your hair. *Blow-dry included.*

MAKEUP

BROW DESIGN

15 minutes | \$50

Focus on the eyes. Enjoy a lesson on shaping and tweezing your brows to create the perfect look. A specially trained professional will teach you how to enhance one of your most important features.

MAKEUP CONSULTATION

45 minutes | \$110

Learn to use makeup like a pro. Let a professional create a look for you and teach you valuable techniques, trends and tricks.

SALON



MANICURES

Canyon Ranch offers the revolutionary Dazzle Dry™ non-toxic, high-pigment lacquers. Not only do the lacquers dry in as few as five minutes – without the use of UV/LED lighting – they are also long-lasting and nail-strengthening.

CANYON RANCH MANICURE

45 minutes | \$70

Experience a personalized scent journey as you indulge in this hand and nail treatment. Enjoy a soak to restore and revitalize hands, as hydrating shea butter and gently exfoliating fruit extracts replenish and cleanse the skin. Dry skin disappears and softness returns with this cuticle and skin treatment.

GENTLEMEN'S MANICURE

25 minutes | \$60

This treatment provides hydration and exfoliation using products that appeal to a gentleman's senses. Includes a file, soak, groom, massage, and buff.

PEDICURES

CANYON RANCH PEDICURE

50 minutes | \$90

Select your favorite scent to enjoy throughout this relaxing foot and nail treatment. It begins with a foot-soothing salt soak, hydrating shea butter scrub, and an intensive cuticle and skin treatment that smooths, plumps, and transforms skin, leaving a beautiful glow. Choose the perfect polish to complete your ritual.

FOOT RESCUE! PEDICURE

50 minutes | \$90

This therapeutic, invigorating treatment begins with a soothing footbath in herbal salts to refresh and relax the feet. A double exfoliation turns dry, rough, and chapped feet into the soft feet you desire using vitamins A, C, and E, plus alpha hydroxyl acids.

GENTLEMEN'S PEDICURE

50 minutes | \$90

A delightful and relaxing experience. Includes a file, soak, groom, massage, and buff to renew and re-energize your feet.

MASSAGE & BODYWORK



MASSAGE

CANYON RANCH MASSAGE

50 minutes | \$175
80 minutes | \$275
100 minutes | \$315

Our signature full-body massage stimulates circulation and soothes tight muscles. Your gifted therapist adapts eclectic techniques to your particular needs and preferences. Tension dissolves, leaving only comfort and well-being.

DEEP TISSUE MASSAGE

50 minutes | \$195
80 minutes | \$295
100 minutes | \$335

This treatment is recommended for those who regularly receive massage and who enjoy intense bodywork. Specialized, focused techniques with alpine arnica reach deep muscle layers and address points of attachment, as well as the belly of the muscles.

CRANIOSACRAL THERAPY

50 minutes | \$175

This soothing treatment adjusts the subtle rhythm of the cerebrospinal fluid as it circulates around the brain and spinal cord. Using very light, sensitive touch, your massage therapist monitors the flow to determine where restrictions are located and gently releases them. This encourages optimal fluid movement throughout the body. The result is a deep sense of calm.

Please wear comfortable clothing.

CHAKRA BALANCING MASSAGE

80 minutes | \$275

Begin this treatment with an anointment of Lotus Rose Flower essence and the sounding of chimes to clear energy and provide focus. Ayurvedic dosha-balancing oils are applied to your body's energy centers along the spine to facilitate this opening and flow of energy in your chakras. Then an ayurvedic Kansa wand is used to activate and balance your chakras. Semi-precious stones are placed on your chakras to further balance the body and provide peace and clarity to the mind. This special offering ends with a Kansa foot bowl treatment to ground you for the rest of your day.

AROMATHERAPY MASSAGE

50 minutes | \$185
80 minutes | \$285

This deeply revitalizing treatment uses aromatherapy and traditional massage to unwind the body, reboot the mind, and transform stress into balance. Choose between four aromatic body oil blends designed to ease muscles and clear the mind, create deep relaxation, detox and revive, or the new forest therapy blend.

MASSAGE & BODYWORK

DAILY MOISTURIZING MASSAGE

50 minutes | \$195

80 minutes | \$295

100 minutes | \$335

Our signature full body massage with a uniquely indulgent twist. The Kate Mcleod Body Stone is a solid moisturizer that melts on contact, releasing a blend of nourishing oils that penetrate the skin, leaving you with a soft, healthy glow. At the end of your treatment, the Body Stone gets tucked into a beautiful bamboo canister – and is our gift to you.

HANDS, FEET & SCALP MASSAGE

50 minutes | \$175

This is a relaxing alternative to full-body massage. The hands, feet, and scalp are rich in nerve endings and acupressure points, yet they are often neglected. Begin with a revitalizing scalp massage, followed by massage for your hardworking hands and feet.

HEAD, NECK & SHOULDERS MASSAGE

50 minutes | \$175

Give your stiff neck and tight shoulders a break – you'll feel better all over. This focused massage releases tension and restores comfort to this typically tense area.

NEUROMUSCULAR (NMT) THERAPY

100 minutes | \$335

Where does it hurt? If you've got headaches, hip, back, jaw, or shoulder pain – or another sore spot – NMT can provide the powerful relief you've been looking for. This precise, soft-tissue therapy helps release hyper contraction and spasms in soft tissue, eliminate trigger points that cause pain, and restore postural alignment and flexibility. Discover what NMT can do for you.

Please wear comfortable clothing.

REFLEXOLOGY

50 minutes | \$185

A treat for your feet with whole-body benefits. A specially trained therapist works on reflex points in the feet that correlate to the individual organs and parts of the body. Activating these reflexes helps improve circulation and promotes relaxation.

Please wear comfortable clothing.

MAMA MOISTURIZING MASSAGE

50 minutes | \$195

80 minutes | \$295

We add a uniquely indulgent twist to our signature full body massage. Experience the Kate Mcleod Mama Stone, a solid moisturizer that melts on contact, releasing a blend of nourishing oils that penetrate the skin. This unscented stone is perfect for the most sensitive skin of expectant mothers. At the end of your treatment, the Mama Stone gets tucked into a beautiful bamboo canister – and is our gift to you.

SOLE REJUVENATION

50 minutes | \$175

Your overworked feet will be cleansed and softened with a relaxing bamboo and sugar scrub, preparing them for a dedicated massage with a mint cream to soothe aches and melt away tension. Perfect for anyone who craves serious relief for feet and lower legs.

TRANQUILLITY™ TREATMENT

50 minutes | \$195

An innovative treatment acting on three different sensory pathways for profound relaxation. Feel the synergy of a unique blend of essential oils, Tranquillity Sound™ and Indonesian modalities, all combined with the use of soft brushes. You'll be gently guided into a quiet and peaceful mind and body that promotes a sound sleep.

ARTHRITIS MASSAGE

50 minutes | \$175

80 minutes | \$275

100 minutes | \$315

This targeted massage is attuned to your comfort. Your therapist will use a special blend of essential oils of ginger, eucalyptus, and birch to warm and soothe achy muscles and joints, and combine massage techniques with stimulation of arthritis-relief acupressure points to strengthen joints and ease pain.

PRENATAL MASSAGE

50 minutes | \$175

80 minutes | \$275

Our classic Canyon Ranch Massage is adapted to provide complete comfort and safety for both of you. Your therapist will use a refreshing blend of oils formulated especially for pregnant women.

MASSAGE & BODYWORK

BODY TREATMENTS

COCONUT MELT

50 minutes | \$195
80 minutes | \$295

This intoxicating experience evokes the feeling of the tropics using warm coconut poultices. Coconut oil is known for its antioxidant and age-defying properties leading to soft, smooth and supple skin. A bundle of pure coconut is steamed and applied to the skin using techniques that relax the body and aid in the penetration of this amazing oil into the skin.

DETOXIFYING RITUAL

100 minutes | \$335

Retreat into a ritual of heat and pure scent for an intense therapeutic transformation. You'll be deeply cleansed with Moroccan mint tea and silt purifier, and vigorously scrubbed with coffee, olive stones, and lemon. A rich rhassoul clay will then be applied to draw out impurities. You'll recharge with quince and orange blossoms, then have all this goodness sealed in with essences of cardamom, jasmine, bergamot, amber, and clove. Concludes with a massage.

HUNGARIAN SCRUB

50 minutes | \$185

This purifying and detoxifying treatment starts with a vigorous and effective exfoliation of the whole body. Using sea salt, Hungarian moor mud and capicum peptide, the skin's texture is refined and left radiant and soft. The invigorating, firming body oil improves skin elasticity while balancing and soothing the body and senses.

HYDRATING BODY WRAP

80 minutes | \$275

Revive and rehydrate skin with this luxurious head-to-toe body quench in your choice of scent. Warm organic shea butter is massaged onto your body, then you're wrapped in a luscious cocoon, soaking in potent antioxidant vitamin E to soothe, plump, and smooth skin. A therapeutic scalp massage and deep conditioning hot oil treatment follows.

HYDRATING SUGAR & SALT SCRUB

50 minutes | \$175

This gentle and highly effective hydrating scrub draws upon the healing elements of organic shea butter to invigorate and replenish your skin. The treatment begins with a soothing application of antioxidant-rich vitamin E and jojoba oil in your choice of scent, followed by a shea butter polish. Sugar and salt gently bring skin back to its softest and smoothest state.

LAVENDER RELAX

50 minutes | \$185
100 minutes | \$335

The calming properties of lavender create a powerfully soothing effect, while shea butter intensely moisturizes the skin, creating deep relaxation and promoting restful sleep. Includes an exfoliation infused with lavender essential oil.

ULTIMATE HYDRATION RITUAL

100 minutes | \$335

Relax as you're gently scrubbed with your choice of scented oil mixed with our sugar-and-salt combination. You'll then enjoy a full-body wrap that promotes the absorption of skin-nourishing shea butter and jojoba. As you enjoy your wrap, your therapist will massage warm oils into your hair and scalp before massaging your feet with soothing mud. Concludes with a full-body massage.

VITAMIN INFUSION BODY TREATMENT

50 minutes | \$195

This hydrating and exfoliating body treatment featuring Environ® products focuses on signs of aging and enhances the appearance of the skin. A gentle removal of dead cells using lactic acid is followed by an application of lotions containing vitamins A, C, E, and beta-carotene. A seaweed masque on the most sun damaged areas helps tone and smooth.

MASSAGE & BODYWORK

EASTERN THERAPIES

ABHYANGA

50 minutes | \$185

Abhyanga, loosely translated, means “attending to a part of the body in the present moment.” A therapist performs this full-body ayurvedic-style massage using warm sesame oil. Energy, or subtle points of energy, are addressed on the face and feet to balance body, mind, and spirit. This traditional therapy is used to release toxins, enhance immunity, nourish the skin, and create a sense of well-being.

ASHIATSU – BAREFOOT MASSAGE

50 minutes | \$185

80 minutes | \$285

100 minutes | \$335

From the Japanese words “ashi,” meaning foot, and “atsu,” meaning pressure, this is an incredibly relaxing and deep massage therapy. Your therapist uses overhead bars for balance while using foot pressure to release and bring about structural change in chronically sore, tight tissues, and to stimulate circulation.

AYURVEDIC HERBAL REJUVENATION

80 minutes | \$275

Traditionally used to strengthen the immune system and reduce tension and stress, this healing treatment begins with an application of a warm, exfoliating, herbal masque. Then, you will continue with a light, brisk massage with warmed, herb-infused oils, selected for your dosha or body type. This powerful combination of herbs and oils cleanses, detoxifies, and nourishes the skin and body.

BINDI-SHIRODHARA

100 minutes | \$335

Based on traditional principles, this treatment is designed to restore balance to body and mind. Special oils corresponding to your dosha and an herbal masque prepare you for the Shirodhara – warm oil over the third eye and scalp. An Indian balancing bowl is rolled along the soles of your feet, restoring harmony. The powerful combination of herbal infusions, light ayurvedic massage, and energy work cleanses your skin, invigorates your spirit, and rejuvenates your energy.

SHIRODHARA

50 minutes | \$185

This classic treatment induces a light state of meditation as a stream of warm, herb-infused oil is poured over the third eye. Feel the serenity as the warm oils nourish your hair and scalp. An Indian balancing bowl, used on the soles of your feet, soothes the spirit and helps balance your body’s energies.

THAI HERBAL POULTICE MASSAGE

50 minutes | \$195

80 minutes | \$295

100 minutes | \$335

A restorative treatment developed in Thailand to ease aches and pains of battle-weary warriors. Warm herbal poultices are firmly pressed into muscles to ease every inch of your body. Traditional Thai massage with ginger lemongrass oil, combined with other massage techniques, releases any lingering tension, resulting in a calmed mind and a body.

MASSAGE & BODYWORK



ENERGY THERAPIES

REIKI

50 minutes | \$175

Reiki promotes healing through methods rooted in Eastern spiritual tradition. Your massage therapist gently places his or her hands over your head, chest, abdomen, and back, producing a calming effect. You may experience decreased anxiety and fatigue, and improved circulation, concentration, and sleep quality.

Please wear comfortable clothing.

THERAPEUTIC ENERGY

80 minutes | \$275

This heart-centered, energy-based therapy clears, aligns, and balances mind and body, as well as detecting and correcting imbalances in the energy field. A therapeutic energy practitioner will enhance the natural healing process of body, mind, and spirit by influencing the chakras and the human energy field. Therapeutic energy is especially useful for stress reduction, anxiety, fatigue, grief, transitions, sleep disturbances, pain, or chronic illness, and for encouraging general well-being and spiritual and personal growth.

THERAPEUTIC ENERGY WITH AROMATHERAPY

80 minutes | \$285

A healing energy practitioner trained in aromatherapy will take you through a deep meditative experience using essential oils. These oils have been shown to enhance healing energy work by creating an open, balanced, and connected energy system. This service includes an energetic assessment and recommendation for specific essential oils tailored to you.

METAPHYSICAL



ASTROLOGY

50 minutes | \$220

Based on your date, time, and place of birth, an astrology session will offer practical insight about your path, your personality, and issues such as love, career, health, wealth, travel, and spirituality. Each reading includes an astrological birth chart.

LEARN TO READ TAROT CARDS

50 minutes | \$220

Reading tarot cards can be a practical goal for guidance and deeper self-awareness. During the session, learn the basics of reading the tarot or expand your skills in this instructional lesson. Receive a tarot deck and recording of the session to take home to continue cultivating your practice.

TAROT CARD READING

50 minutes | \$220

The archetypal images of the tarot cards reflect our collective unconscious. A tarot reading can offer practical guidance by opening up deeper, nonverbal levels of self-awareness. Insights gained can offer possible alternatives to your present questions. During the session, you will be guided through several interactions with the cards and given an interpretation of their meaning.

SPECIALTIES

FOR GUESTS WITH CANCER

Canyon Ranch offers services for our guests with cancer, both in active and remission phases. Putting your safety first, we recommend you consult with your treating physician or primary care physician prior to booking services. Some of the popular services you might discuss with your doctor include:

■ Acupuncture ■ Acutonics ■ Therapeutic Energy ■ Reiki

Hypoallergenic and scent-free lotions are available upon request.

Note: The entire Canyon Ranch family supports you on your healing journey. We're happy to help in any way we can.

TEEN SERVICES

(AGES 14-17)

All teen services must be booked by the parent or guardian. We require that all guests ages 14-17, along with a parent or guardian, meet with a Canyon Ranch Wellness Guide or Health & Performance Coach at the beginning of each stay for guidance and suggestions on making the most of your experience.

Guidelines for Teens

- Lightweight, loose clothing must be worn for teen services (or swimwear for water activities).
- The parent or guardian must be present for teen services unless otherwise indicated on our Teen Services Menu.
- If a teen is the only one who signs up for a group workshop, a parent or guardian must be present during the workshop.



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